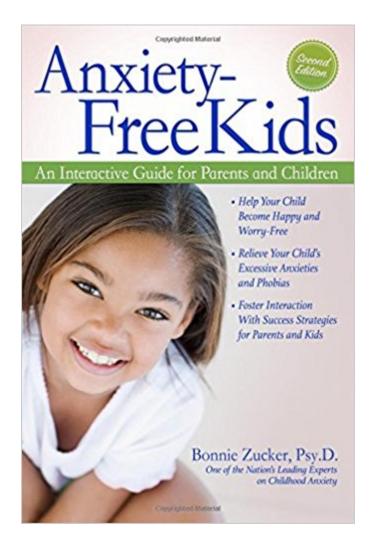


The book was found

Anxiety-Free Kids: An Interactive Guide For Parents And Children (2nd Ed.)





Synopsis

Anxiety-Free Kids (2nd ed.) offers parents strategies that help children become happy and worry free, methods that relieve a child's excessive anxieties and phobias, and tools for fostering interaction and family-oriented solutions. Using a unique companion approach that offers two books in one--a practical, reader-friendly book for parents and a fun workbook for kids--this solutions-oriented guide utilizes the cognitive-behavioral approach to therapy and integrates the parent in the child's self-help process. Research has shown that if left untreated, children with anxiety disorders are at higher risk to perform poorly in school, to have less-developed social skills, and to be more vulnerable to substance abuse. Covering the six most commonly occurring anxiety disorders-generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder, and obsessive-compulsive disorder-this book gives kids and parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears.

Book Information

Paperback: 336 pages

Publisher: Prufrock Press; 2 edition (October 1, 2016)

Language: English

ISBN-10: 1618215612

ISBN-13: 978-1618215611

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #91,774 in Books (See Top 100 in Books) #109 inà Â Books > Self-Help >

Anxieties & Phobias #235 inà Â Books > Health, Fitness & Dieting > Children's Health #1549

inà Â Books > Parenting & Relationships > Parenting

Customer Reviews

Through simple and effective tools, Zucker's book doesn't just help parents and children understand anxiety and find ways to overcome it, but also strengthens the interactive approach and family bonds that make them better for it. --Claire Nana, Psych CentralThis revised edition is a valuable addition to the selection of self-help books available to parents. With a careful application of the strategies and faithful adherence to the program sequence, this can be a welcome, home-based first step in addressing behaviors that have become dysfunctional for a child who suffers from

anxiety-based disorders. --Hazel Buys, Children's Literaturel think Zucker did a great job of taking standard CBT strategies and packaging them for kids. Actually, I think they would work for a lot of adults, who otherwise might struggle with CBT homework exercises. So I definitely recommend this book if you have a child who is dealing with anxiety of any kind. --Erica Berman, Healthy Life Lessons

Bonnie Zucker, Psy.D., is a psychologist specializing in the treatment of anxiety disorders and OCD in children and adults. She is in private practice in Rockville, MD, and is the author of "Anxiety-Free Kids" and "Take Control of OCD," and coauthor of "Resilience Builder Program for Children & Adolescents."

Dr. Zucker enhanced an already amazing resource for families. I am a child psychologist in private practice and have used her books (she has many!) in session with patients. I have also recommended it countless times to families I have worked with, as well as to personal friends and family members looking for helpful suggestions. Dr. Zucker's writing style pulls you in as she clearly outlines the theory and tactics to combat clinical anxiety. Would be a great addition to any graduate school class. Thank you Dr. Zucker!

Download to continue reading...

Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS-30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Anxiety-Free Kids: An Interactive Guide for Parents and Children (2nd ed.) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) Narcissistic Parents.: 10 Tips on How to Not Hate Your Parents. Toxic parents, immature parents. (Borderline Personality Disorder, Narcissistic Parent, ... the Narcissist Book2.Immature parents.) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Books For Kids: Charlie The Smart Elephant (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Tentasy Books, Kids Books, Puppy story, ... Books for Kids age 2-10, Beginner Readers) Books For Kids: Mimi finds a new friend (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books,

Kids Books, cat story, ... Books for Kids age 2-10, Beginner Readers) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Please Explain Anxiety to Me! Simple Biology and Solutions for Children and Parents, 2nd Edition (Growing with Love) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy Allergy Proof Recipes for Kids: More Than 150 Recipes That are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free and Low in Sugar Memes: Parents Trolling Their Kids!! - PART 2 (Memes, Parents, Minecraft, Wimpy Steve, Kids) The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) Business For Kids: for beginners - How to teach Entrepreneurship to your Children - Small Business Ideas for Kids (How to Start a Business for Kids - Business for children - Kids business 101) Books for Kids: Lily the Little Mermaid (Mermaid Books for Kids, Children's Books, Kids Books, Bedtime Stories For Kids) (The Mermaid Stories: Kids Fantasy Books Book 2) Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety, and More!: The one-stop guide for parents, teachers, and other professionals

Contact Us

DMCA

Privacy

FAQ & Help